

# UNITED STATES ARMY GARRISON HEIDELBERG

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## **-----Military Retiree Newsletter -----**

**April 2009**

***A Publication of the United States Army Garrison Heidelberg Retiree Council***

**We thank you for your service!**

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***Council President: LTC (R) Lawrence Applebaum***

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***VP Public Relations: SGM (R) Donald Denese***  
***Secretary: MSG (R) Donald Marsh***

### **President's Corner**

#### ***Wellness***

The principal theme for the 23 May 2009 Retiree Council meeting is wellness. What is wellness?

If you search the Internet for "wellness," Google reports there are about 130 million results.

The real meaning of the term wellness can be elusive, because it has a different meaning for each of us. Many years ago someone defined it as a state of optimal well-being that is oriented toward maximizing an individual's potential. This is a life-long process of moving toward enhancing the six dimensions of wellness - physical, intellectual, emotional, social, spiritual, and occupational. These six dimensions highlight important components of wellness and ways to explore your own level of wellness!

One thing that we all know and generally agree upon is that wellness is a major factor in determining quality of life.

The basic concept is to get a balance among the six dimensions for a better life. This concept looks good on paper, but for many people it is not so easy to put into practice. Accordingly, to help us understand how the six dimensions impact on our personal well-being, we have invited Mr. Todd Hoover, director, Heidelberg Army Wellness Center to be our guest speaker at the meeting.

The expected outcome of Mr. Hoover's presentation is to generate discussion and an exchange of ideas on wellness.

### **DFAS Visit to Germany**

A Retired Pay representative of the Defense Finance and Accounting Service-Cleveland is scheduled to visit Germany April 19-25, 2009 to help retirees and annuitants with pay issues and conduct audits of individual pay accounts. He will be in Heidelberg on 23 April from 0900-1130 and 1300-1500 at the Heidelberg Shopping Center, Building 3850, Room 180 (Retirement Services Office). For those of you in the Mannheim area that receive this newsletter, the DFAS visit to your garrison will be after noon on 20 April at Building 255 (Central Processing Facility) on Sullivan Barracks.

### **TRICARE Fee Increases**

The Military Officer Officers Association of America (MOAA) included tear-out letters to House and Senate leaders in the February edition of Military Officer Magazine urging them to resist unfair TRICARE fee hikes. Thousands of these letters were sent.

But the key to success will be persuading the new Obama administration not to continue this inappropriate initiative of the past.

You can use MOAA's special alert at this Internet link

**<http://capwiz.com/moaa/issues/alert/?alertid=13015596&type=PR>**

to urge the President to suspend any possible fee hike efforts under consideration and work instead with MOAA and other associations to find "win-win" options to reduce defense health costs without penalizing beneficiaries.